



This document is an informational guide only and is not intended to diagnose or treat symptoms. It is important to speak with a doctor or a health care practitioner with any questions you may have concerning your health. As a nutrition health coach, I work alongside health care professionals to find ways that best support clients find relief from their symptoms by making shifts in nutrition and lifestyle. My clients and I work together to establish a natural healing protocol to help them find balance.

If you have been trying to understand what's going on with your body and making healthy changes concerning your health yet still struggling, your challenges may be due to a hormonal imbalance. It may be time to get your hormones tested. Yup...there is such a thing.

The following list of symptoms can be used to identify hormone imbalances for women.

Put a checkmark next to each symptom that you have. If you have two or more symptoms checked off for each section, there is a good chance that you may have the hormonal imbalance represented by that group. The more symptoms you check off, the higher the likelihood you have the hormone imbalance for that category. It is possible to have more than one type of hormonal imbalance as an imbalance in one area causes an imbalance in another.

High Cortisol Symptoms

Feeling "tired & wired"		Difficulty falling or staying asleep	
Infrequent periods		The absence of menstruation	
Decreased fertility		Inability to concentrate	
Constantly distracted		Anxiety or nervousness	
High blood pressure		High blood sugar	

Low Cortisol Symptoms

Fatigue: Chronic low-level to crippling		Difficulty staying asleep	
Difficulty waking in morning		Feeling unrested after good sleep	
Low blood pressure		Dizziness, especially after standing up	
Decreased tolerance for stress		Crying for no apparent reason	
Feeling depressed, inability to cope			

Low Progesterone

Difficulty getting or staying pregnant		Breakthrough bleeding 2 nd 1/2 cycle	
PMS or PMDD		Menstrual migraines	
Heavy flow		Irregular cycles	
Bloating in abdomen		Swollen and/or painful breasts	

Excess Estrogen

Heavy bleeding		Breast tenderness or cysts	
PMS or PMDD		Fibroids	
Endometriosis		Menstrual Migraines	
Moodiness/frequent meltdowns		Depression or weepiness	
Mid-cycle pain		Brain fog	

Low Estrogen

Low sex drive		Vaginal dryness	
Painful sex		Hot flashes or night sweats	
Joint pain		Dry skin and eyes	
Depression		Poor cognitive function, poor memory	
Sporadic periods		Absence of menstruation for 3 or more mo.	

Excess Androgens

Unstable blood sugar		Mid-cycle pain	
Infrequent ovulation		Acne or oily skin	
Menstrual cycles longer than 35 days		Hair growth on the face	
Ovarian cysts		Hair loss on the head	
PCOS			

Low Androgens

Low libido		Lack of lubrication	
Painful sex		Less muscle mass	
Decreased motivation		Lower self-confidence	

Low Thyroid

Dry skin and hair		Hair loss	
Brittle nails		Cold hands and feet	
Sensitivity to cold		Fatigue	
Depression		Unexplained, rapid weight gain	
Stubborn fat that is hard to lose		Heavy periods	
Low sex drive		Infertility or miscarriage	